

# 10 Week 10km Race Prep Training Program

## Level: Fundamental

### Who is This Program For?

This program is ideal for someone who can handle a 30 - 40 minute jog without issues but has little or no experience with specific training for a 10km race. If you have a 10km race coming up that you want to be in the best possible shape for, this is the program for you.

### Program Overview

This is a 10 week training program which is designed to help you prepare for your target race. You should aim to start this program 10 weeks out from the date of your race.

If there are more than 10 weeks between now and your target race then follow our Fundamental Base Training Program (which you can find on our website) then switch to this program when you are 10 weeks away from race day.

This program includes an average of 4 runs per week as well as some 'non-running' based workouts, such as circuit training, throughout the program.

### Sharing This Program

Please share this program with your friends, family and training partners and help each other become better runners!

Please feel free to share this program on social media; tag us using the Instagram handle below and use the hashtag #Trainsmarterrunfaster so we can see your training progress!



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	Training Session	Notes
Monday	40' easy run	should be nice and relaxed, don't push hard
Tuesday	rest	
Wednesday	Track or flat road: 7 x 800m with 90" recovery	Aim to do this session at your target 10km race pace. You may need to start slightly slower than this and build up, finishing the last 3 - 4 reps at 10k pace
Thursday	rest	If you feel okay after yesterday's workout, today you can do some light strength training. e.g circuit training (see notes on circuit training for more details)
Friday	rest	
Saturday	30' easy run + 4x (30" accelerating to 5km race pace, 90" returning to easy pace)	This should not be a 'hard workout', just some controlled accelerations at the end of a run to get the legs moving a bit faster
Sunday	Long-Run: 20' easy, 3x (6' at moderate effort, 4' easy), 15' easy	total of 65 minutes of running including some moderate efforts - keep these efforts controlled and try to make the run continuous from start to finish. If this is too much, then reduce the amount of easy running at the start/end



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# 10km Race Prep Program

Week 2 (9 weeks from race day)

Level: Fundamental

	Training Session	Notes
Monday	rest	
Tuesday	30 - 40' easy run + 3 - 5 x 15" strides	See program notes on 'strides' for more details If you are not used to doing strides, start with only 3. If you are used to doing strides, do up to 5
Wednesday	25' tempo run	Start in controlled way, the first 15 - 20' should feel relatively comfortable with the last 5 - 10' or so becoming pretty tough. See notes on tempo running for more details
Thursday	rest	
Friday	30' easy run + Circuit training	See program notes on circuit training for more details
Saturday	Track or flat road: 3 sets of 5 x 300m rec = 45" between reps. 400m slow jog between sets	Start at your 5k race pace and try to increase the pace in the last set
Sunday	rest	



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# 10km Race Prep Program

Week 3 (8 weeks from race day)

Level: Fundamental

	Training Session	Notes
Monday	40 minutes easy + 4 - 5 x 15" strides	See program notes on 'strides' for more details do one more stride than you did last Tuesday up to a max of 5
Tuesday	Fartlek: 1' - 2' - 3' - 4' - 3' - 2' - 1' all with 2' easy jog between each effort	run this session according to feel. It should be a hard workout, comparable to race effort, but the pace you go at is up to you
Wednesday	rest	
Thursday	rest	
Friday	15' easy jog followed by some strides 3 - 8 x 10" hill sprints at 100% effort with 2' recovery 15 minute easy jog	See notes on hill sprints for more details. If you are not used to doing hill sprints, start with only 3 reps today. If you have followed our base phase plan, then you are ready for 6 - 8 reps.
Saturday	rest	
Sunday	Long-run: 30' easy followed by 30' progression, followed by 10' easy	During the progression section, from your easy pace, build up the pace gradually over the 30' period. You should still be inside your comfort zone and should finish the 30' progression being able to continue running for another 10' easy



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	Training Session	Notes
Monday	rest	
Tuesday	40' easy run + 4 - 5 x 10" strides	See program notes on 'strides' for more details.
Wednesday	3 x 10' with 3' rest or very easy jog between intervals	Should be faster than the 30' tempo run you did last week, but not quite 10k race pace. (You may be able to finish the last 5' at your 10k pace, if so, great! If not, that's okay too)
Thursday	rest	
Friday	10' easy, 20' at moderate pace, 10' easy	See notes on moderate running for more details
Saturday	Long-run: 2 sets of (20' easy + 5 x 1/1) finish with 10 - 20' more minutes of easy running	This means you do 20' at an easy pace followed by 5 x 1' fast, 1' easy. Then repeat this. A total of 60' of running, plus 10 - 20' more easy running at the end for a total of 70 - 80'
Sunday	rest	



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	Training Session	Notes
Monday	50 - 60' easy run + circuit training	see notes on circuit training
Tuesday	Rest	
Wednesday	10 x 800m with 90" recovery	In week 1 of the program you did 7 x 800m, today try to run the same pace as you did then, now with an extra 3 reps
Thursday	rest	
Friday	15' easy jog followed by some strides 4 - 8 x 10" hill sprints at 100% effort with 2' recovery 15' easy jog	see notes on hill sprints for more details do one more rep than you did in week 3, up to a maximum of 8
Saturday	Long-run: 20' easy, 3 x (7' threshold, 6' easy), continue at easy pace to make a total of 80' of running	80' of running in total with 21' at threshold pace. If you feel like this is too long, you can reduce the easy running at the start/end to bring the total running time down
Sunday	rest	



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	Training Session	Notes
Monday	40 - 50' easy run + 3 - 5 x 15" strides	
Tuesday	30' tempo run	See tempo running in our notes for more details. In week 2 you ran a 25' tempo, try to maintain the same pace as you did then, now for an extra 5'
Wednesday	rest	
Thursday	rest	
Friday	40' easy run	keep it nice and easy today
Saturday	Track or flat road: 3 sets of (300, 400, 500) with 1' recovery and 400m jog between sets	Tough workout. Start at 5km race pace and try to make the last set a bit quicker than
Sunday	rest	



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	Training Session	Notes
Monday	rest	
Tuesday	Fartlek: 1' - 2' - 3' - 4' - 5' - 4' - 3' - 2' - 1' With 2' easy jog between each effort	Total of 41' of non stop running, including 25' of hard efforts. Run by feel, but as a guide, aim to do the middle 5' effort at 10k race pace and all other reps slightly faster
Wednesday	30' easy run + 4 - 6 x 15" relaxed strides + circuit training	see notes on circuit training after the circuit, have a cool down jog and do your strides. Outside or on a treadmill is fine!
Thursday	rest	
Friday	50' easy	You can pick the last 15 - 20' up to a moderate pace but you should keep the effort comfortable
Saturday	3 x 12' with 3' rest or very easy jog between each	12' efforts should be faster than the 35' tempo you did last week, but not quite 10k pace. If you can finish the last half of the lat rep at or close to 10k race pace then that's perfect!
Sunday	Rest	



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	Training Session	Notes
Monday	rest	
Tuesday	Track or flat road: 8 x 1km with 90" rest between each	The aim is to do this session at, or very close to 10k race pace. This is a hard workout! It's okay to start slightly slower than 10k pace and build up the pace as the session progresses
Wednesday	30' - 50' easy run	keep today nice and relaxed while you are still recovering from yesterday's workout
Thursday	Rest	
Friday	35' tempo run	Sub-threshold effort. Should feel comfortable in the first 20 - 25' but pretty hard in last 10 - 15'
Saturday	Rest	
Sunday	80 - 90' at an easy pace	Keep the whole run at an easy pace today



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	Training Session	Notes
Monday	45' easy	
Tuesday	Track: 3 sets of (6x 200m) with 30" rest and 400m jog between sets	If no track available then 3 sets of (6x 45" fast) with 30" rest and 3' jog between sets. You can also do these as hill sprints if you prefer. Reps should be much faster than 5k race pace
Wednesday	rest	
Thursday	5km at 10km race pace, 5' rest, 6 x 500, also at 10km race pace, with 2' rest	This is the last really hard session before your race. 5km at 10km race pace in a 'non-race' scenario is not easy, so try to stay focused and run in a relaxed way. Push hard in the 500m reps today
Friday	rest	
Saturday	45 - 60' easy	Keep it nice and easy today, and don't feel the need to do more than this
Sunday	Rest	



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# 10km Race Prep Program

## Week 10 (Race Week!)

Level: Fundamental

	Training Session	Notes
Monday	Track or flat road: 8 x 600m at 10k race pace with 60" recovery	this should be a fairly relaxed workout, don't be tempted to push too hard, just enjoy the feeling of running fast in a relaxed way.
Tuesday	30 - 40' easy run	
Wednesday	rest	
Thursday	rest	
Friday	20' very easy run + 4 x 10" fast but relaxed strides	Keep the run nice and easy, don't be tempted to speed up if you feel good. The strides should be fast but controlled, as always
Saturday	RACE!	If your race is on Sunday then simply move everything along one day and take an extra rest day on Monday
Sunday	rest	



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The final week of this program is designed to have you taper so that you are feeling fresh and ready for your race on the weekend. In case your race is on a weekday, then we recommend adjusting the program in the following way:

5 days before your race do your final quality workout of 8 x 600m at 10km race pace with 60" recovery. Following that, do a 30 - 40 minute easy run then take 2 rest days. The day before your race do a short easy run followed by some strides. You may need to adjust the program accordingly depending on which day your race is.

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Try to eat well and get plenty of sleep leading up to the race (of course, this should be a goal all the time if you want to become a better runner, but particularly this week!)

Try to limit your stress at work and with other commitments as much as possible. Of course, we fully understand that this is not always possible and that sometimes other commitments take precedent over training/racing. But to have the best race possible, try to make your work and every day life stress free this week. Maybe that means shifting some of your overtime to next week, or letting your partner take the kids out for the day so you can relax!!

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The day before your race try to eat foods that you know work for you and don't upset your stomach in any way, don't try anything new for example drinking a new sports drink that your friend recommended or taking a new energy gel, unless you have tried it in your training and you know it works.

Try to take a good breakfast the morning of your race (again, something you know works well for you), and stay hydrated.

Prepare the right clothing for your race, pack for the weather and know what the situation is of getting to the race course (parking, where the start/finish line is, know what the course is like, etc)

Finally, know your body! You have trained for this race, you have ran at the right pace in your training sessions, you have done the right workouts and you are ready to run fast! But at the same time, with all the nerves and adrenaline that go hand-in-hand with race day, it is very easy to go off too fast, don't do this! Go at the pace you know you can do and if you feel good in the last 1 - 2km - that is when you can show what you are made of. Good luck and tell us how you do!

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